

Basic Example Template – 4 Day Week

Sprints		MB Throws		Jumps	Low Intensity Steady State	
Deadlift (with rows)		Bench (strength upper)		Squats	(optional) Upper-body circuits	
Alactic Capacity		Tempo Runs				
Sprints		MB Throws		Jumps	Road Run/ Bike/ Row	
Deadlift		Heavy Bench ss horizontal pull		Squat	Hypertrophy Upper-body Circuit (optional)	
Horizontal Pull		Push Press ss vertical pull		Assistance Squat		
Glute/ham hypertrophy		Chest/Tri's assistance		Glute/ham		
Vertical Pull		Tempo Runs		Single-leg		
Alactic Capacity						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>High</b>	<b>Off</b>	<b>High</b>	<b>Off</b>	<b>High</b>	<b>Low</b>	<b>Off</b>